HARD TO BEAR. can't sleep, can't eat,

When the back aches and pains so badly, can't work, can't rest.

it's hard to bear. Thousands of achbacks have been relieved and cured. People are learning that backhe pains come from disordered kidthat Donn's Kidney Pills cure every kidney ill, cure bladder troubles, prinary derangements, dropsy, dia-bees, Bright's disease. Read this testmony to the merit of the greatest of kidney specifics.

W. Walls, Superintendent of Streets of Lebanon, Ky., living on East

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Main street, in that city, says:
"With my nightly rest broken, owing to irregularities of the kidneys, suffering intensely from severe pains in the small of my back and through the kidneys, and annoyed by painful passages of abnormal secretions, life was any thing but pleasant for me. No amount of doctoring relieved this condition, and for the reason that nothing seemed to give me even temporary relief I became about discouraged. One day I noticed in the newspapers the case of a man who was afflicted as I was and was cured by the use of Doan's Kidney Pills. His words of praise for this remedy were so sincere that on the strength of his statement I went to the Hugh Murrey Drug Co.'s store and got a box. I found that the medicine was exactly as powerful a kidney remedy as represented. I experienced quick and lasting relief. Doan's Kidney Pills will prove a blessing to all sufferers from kidney disorders who will give them a fair trial."

A FREE TRIAL of this great kidney medicine, which cured Mr. Walls, will be mailed to any part of the United States on application. Address Foster-Milburn Co., Buffalo, N. Y. For sale by all druggists, price 50 cents per box.

SPORTING BREVITIES.

St. Louis wants the National Ro gatta in 1904.

Yale has won the intercollegiate baskethell championship.

In a mile bicycle race at Sydney, N. S. W., Hopper, an American, bea Walker, the Australian champion, and won a prize of \$5000.

E. R. Thomas, son and heir of General Sam Thomas, has bought Onatas from J. E. Madden for \$25,000, and will join the millionaire turfmen of Amer-

The Michigan Board of Regents has raised the salary of Trainer Fitzpatrick from \$2500 to \$3000. An Eastern uni-versity, it is said, was after his serv-

lees.
The champion four-oared crew of the champion four-oared crew of the founding Boat Club will go to Henley for the Stewards' Cup. The Argonaut eight will try again for the Grand Chal-

An international race for the crack

An international race for the crack thirty-five-foot racing yachts of the great lakes, including the American and Canadian Canada cup racers, is being projected for Detroit.

Intercollegiate rowing on the Pacific Coast will be inaugurated January 1, 1904, when crews from Leland Stan-ford University and the University of California will meet in a four-mile race.

Western university baseball teams will probably not use the new baseball rule that the first two fouls are counted as strikes. The sentiment among the Western college coaches is against the

The Duke of Connaught, writing to the secretary of the Ulster County Rifle Association, says the American rifle team is sure to meet a reception in Ireland equal to that given its repre-sentatives in Canada.

sentatives in Canada.

It is reported from St. Paul, Minn., that the Rev. Paul Rader, the former Hamline College football star, who was severely injured last fall in a game between Hamline and Carlton, has become blind as a result of the injury.

LABOR WORLD.

Ogdensburg, N. Y., servant girls have formed a union.

Railroad engineers in France earn about \$36 a month.

The bituminous coal regions contributed \$2,000,000 to aid the striking an-

thracite miners. Coal operators in the Iowa fields have conceded the miners an increase of ten cents per ton.

Wages of stove moulders throughout the United States will remain the same for the next year as for the past.

There is a strong movement to take steps toward the federating of all the trades and councils of the Pacific coast for the protection of the members,

Inside electrical wiremen at Indian-apolis, Ind., have been granted an in-rease of two and a half cents an hour, side new scale being thirty-five cents.

There are 163 agencies established by the New Zealand Government where the unemployed may secure work under the Government at \$2 a day of eight hours.

The result of votes taken at the three most recent trade union conven-tions in England shows that organized labor in Great Britain is opposed to

compulsory arbitration. The Parisian working milliners are forming a society to regulate the prices of their work. They also hope to ob-tain shorter hours and better treatment generally from the employers.



FAULTY BREAD.

From the appearance of the bread we think the whole trouble lies in the imperfect mixing of the ingredients, particularly the yeast and flour. The kind of yeast is not stated. If a dry yeast be used it should first be softened in a little lukewarm milk or water, then stirred into the rest of the liquid to be used in making the bread. Add the salt, sugar and shortening, if these be used, and then stir in the flour. When all the flour has been added knead the dough from the stir in the stir in the flour. dough from ten to twenty minutes to bring out the elasticity of the gluten and to insure the even distribution of all the ingredients.-Boston Cooking School Magazine.

HOW TO SPLIT PAPER.

Paper can be split into two or even three parts, however thin the sheets. It may be convenient to know how to do this sometimes, as, for instance, when one wishes to paste in a scrapbook an article printed on both sides of the paper.

Get a piece of plate glass and place it on a sheet of paper. Then let the paper be thoroughly soaked. With care and a little skill the sheet can be split by the top surface being removed.

The best plan, however, is to paste a piece of cloth or strong paper to each side of the sheet to be split. When dry, quickly and without hesitation, pull the two pieces asunder, when one part of the sheet will be found to have adhered to one and part to the other. Soften the paste in water and the pieces can be easily removed from the cloth.—The Household.

QUITE THE THING.

It is noticeable that nowadays on well appointed tables it is becoming more and more the thing to serve a variety of fruits with a dressing as a salad in place of the more commonplace lettuce, celery, etc. Grape fruit, with malaga grapes seeded, or with green plums and bits of angelica apple and celery on a bed of white lettuce bearts, with creamy dressing, apple and orange in nests of curled celery, with mayonnaise dressing, are among the varieties served by way of a salad course. But the ingenious housewife can easily devise others quite as wholesome and appetizing. There is also a reaching out for novelties to replace salted almonds, which have been eaten so long that people have got rather tired of them. Salted English walnuts, pecans, brazils, green pistachios and hazelnuts are now served, sometimes with almonds mixed in with them, often without.-New York Tribune.



Compote of Oranges-Peel and cut six large oranges into slices, remove the pits, sprinkle three tablespoonfuls of granulated sugar over them; let stand one hour, drain off the syrup, put it over the fire; add the juice of half a temon and boil slowly five minutes; let cool and just before serving pour the syrup over the oranges and send to table in a glass dish.

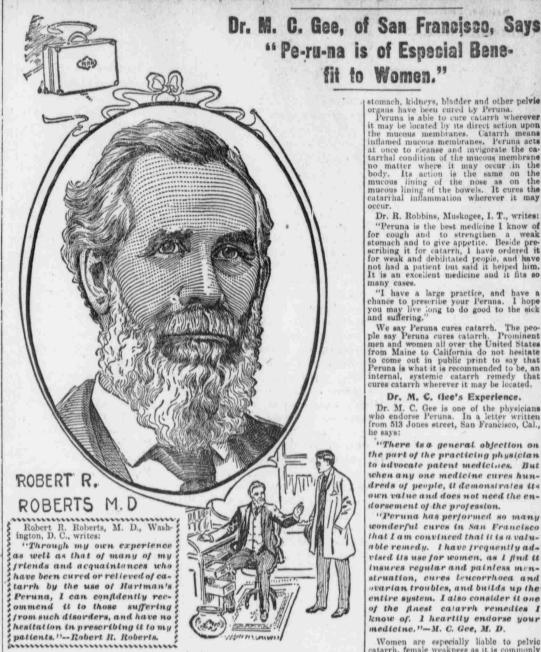
Tomate Sauce-Put one cupful of tomato and half a cupful of water in an agate pan over the fire; add two cloves, one slice of onion, one bay leaf, half a teaspoonful of salt and a little pepper; cover the pan and let simmer ten minutes; rub one tablespoonful of corn starch in a little cold water, add it to the tomato, stirring until thickened; cook five minutes longer, strain and serve.

Minced Veal with Tomato Sauce-Mince one pound of yeal; put two tablespoonfuls of butter in a frying pan; when hot add the minced veal, one small minced onion and one green pepper minced; when brown add two table spoonfuls of flour; then add one cupful of broth or water; one teaspoonful of salt, and a little pepper; let simmer for five minutes and add half d cup of to mato sauce.

Chocolate Fromage-Boil four tablespoonfuls of grated chocolate in one cup of water; add half a cup of sugar and one tenspoon of vanilla; have scaling one ounce of gelatine in one cup of cold water one hour; add it to the chocolate and boil a minute; pour into a bowl and when cold mix it with one pint of whipped cream; turn into a form and let stand in a cool place sev

eral hours; serve with vanilla sauce. Plain Milk Soup-Put two quarts of milk over the fire with one tenspoon of sugar and one teaspoon of salt; rub half a cup of sifted flour in cold milk; when smooth stir it into the scalding mirk, and stir until thickened and boil ing; add a dash or two of nutmeg and a little pepper; beat the yolks of two eggs; add a little of the hot soup to them; then return all to the fire and stir one minute; do not let boil; if liked a slice of oalon may be cooked in the milk when removed: serve with waters

PROMINENT PHYSICIANS PRESCRIBE PE-RU-NA.



A CONSTANTLY increasing number of physicians prescribe Peruna in their regular practice. It has proven its merits so thoroughly that even the doctors have overcome their prejudice against so-called patent medicines and recommend it to their reliciants.

want to spend any more money on medicines unless I could assure her relief.

"I put her on Peruna and told her to come back in two weeks. The effects were wonderful. The cast-down look she had when I first saw her had left her and a smile adorned her face. She told me she felt a different woman, her hearing was improved and her eyes did not trouble her any more.

"This is only one case of the many I have treated with your valuable medicine."—F. H. Brand, M. D.

half of the people of United States.

F. H. Brand, M. D., of Mokena, Ill., uses Peruna in his practice. The following case is an example of the success he has through the use of Peruna for catarrh.

Dr. Brand says: "Mrs. 'C.,' age 28, had been a sufferer from catarrh for the past seven years; could not hear plain and had a physical wreck. She had tried the Copeland cures and various other so-called the specialists, and had derived no benefit from them. She told me she did not thousands of cases of catarrh of the lungs,

organs have been cured by Peruna.

Peruna is able to cure catarrh wherever it may be located by its direct action upon the mucous membranes. Catarrh means inflamed mucous membranes. Peruna acts at once to cleanse and myigorate the catarrhal condition of the mucous membrane no matter where it may occur in the body. Its action is the same on the mucous lining of the nose as on the mucous lining of the bowels. It cures the catarrhal inflammation wherever it may occur.

Dr. R. Robbins, Muskogee, I. T., writes: "Peruna is the best medicine I know of for cough and to strengthen a weak stomach and to give appetite. Beside pre-scribing it for catarrh, I have ordered it for weak and debilitated people, and have not had a patient but said it helped him. It is an excellent medicine and it fits so many cases. cases.

"I have a large practice, and have a chance to prescribe your Peruna. I hope you may live long to do good to the sick and suffering."

We say Peruna cures catarrh. The people say Peruna cures catarrh. Prominent men and women all over the United States from Maine to California do not hesitate to come out in public print to say that Peruna is what it is recommended to be, an internal, systemic catarrh remedy that cures catarrh wherever it may be located.

Dr. M. C. flee's Experience. Dr. M. C. Gee is one of the physicians who endorse Peruna. In a letter written from 513 Jones street, San Francisco, Cal., he says:

"There is a general objection on the part of the practicing physician to advocate patent medicines. But when any one medicine cures hun-dreds of people, it demonstrates its own value and does not need the en-dorsement of the profession.

"Peruna has performed so many wonderful cures in San Francisco that I am convinced that it is a valuable remedy. I have frequently advised its use for women, as I find the insures regular and painless men-struction, cures leucorrhoea and ovarian troubles, and builds up the entire system. I also consider it one of the finest catarrh remedies I know of. I heartly endorse your medicine."-M. C. Gee, M. D.

wedtoine."—M. C. Gee, M. D.

Women are especially liable to pelvic catarrh, female weakness as it is commonly called. Especially in the first few weeks of warm weather do the disagreeable symptoms of female weakness make themselves apparent. In crisp, cold weather chronic sufferers with pelvic catarrh do not feel so persistently the debilitating effects of the drain upon the system, but at the approach of summer with its lassitude and tired feelings, the sufferer with pelvic catarrh feels the need of a strengthening tonic.

tonic.

Peruna is not only the best spring tonic for such cases, but if persisted in will effect a complete cure. Write for a copy of "Health and Beauty" written especially for women by Dr. Hartman. If you want to read of some cures, also, write for a copy of "Facts and Faces." That will surely convince you that our claims are valid.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.



their patients.

Peruna occupies a unique position in medical science. It is the only internal systemic catarrh remedy known to the medical profession to-day. Catarrh, as everyone will admit, is the cause of one-half the diseases which afflict mankind. Catarrh and catarrhal diseases afflict one-half of the people of United States.

their patients.

JUST Uncle Sam Game



CANCER CURED WITHOUT CUTTING,
A New Vegetable Remedy.
Also Piles, Fistula and Sores.





AVERY & McMILLAN, 51-53 South Forsyth St., Atlanta, Ga -ALL KINDS OF-

MACHINERY



Reliable Frick Engines. Bollers, all Sizes. Wheat Separators.



BEST IMPROVED SAW MILL ON EARTH. Large Engines and Bollers supplied promptly. Shingle Mills, Corn Mills, Circular Saws, Saw Teeth, Patent Dogs, Steam Governors, Full line Engines & MIII Supplies. Send for free Catalogue.



